

# A Sutherland Belle

## Creole Shrimp Salad

### INGREDIENTS

#### *Poached Shrimp*

- 2 teaspoons sea salt
- 2 lemons halved
- 3 bay leaves
- 1 large handful fresh thyme springs
- 3 tablespoons Louisiana's Fish Fry Cajun Seasoning or Old Bay
- 3 pounds large or jumbo shrimp with shells, heads, and tails on

#### *Shrimp Salad*

- 1 1/2 lb shrimp poached and cooled, coarsely chopped if desired
- 1 cup finely diced cucumber
- 1 cup finely diced celery
- 1/2 cup finely diced green onions
- 2 tsp fresh chopped dill plus more for garnish

#### *Dressing*

- 1/4 cup mayonnaise
- 1/4 cup Greek yogurt or sour cream
- 1 tablespoon creole or stone-ground mustard
- 1/2 lemon, juiced
- 1 teaspoon Louisiana's Fish Fry Cajun Seasoning or Old Bay
- salt and pepper to taste

### INSTRUCTIONS

#### *Poached Shrimp*

1. Fill a large pot with 6 cups of water, add the salt, and squeeze in the lemon juice; toss the halves in there as well. Add the dill and seafood seasoning. Bring to a boil over medium-high heat and simmer for 5 minutes to infuse the water with the aromatics.
2. Reduce heat to medium-low and add the shrimp. Simmer, uncovered, for 4-5 minutes (depending on the size of shrimp you are using) or until the shrimp are bright pink and the tails curl. Using a slotted spoon, remove the shrimp from the poaching liquid to a bowl filled with ice. Let them chill thoroughly before peeling.

### *Shrimp Salad*

1. In a large bowl combine the cooled dry shrimp, and all the diced vegetables and dill.
2. In a small bowl combine the mayonnaise, yogurt, and lemon juice. Add the mustard, creole seasoning, and a large pinch of pepper. Taste and re-season (adding salt if needed) as desired.
3. Pour the dressing over the shrimp and vegetables and toss to coat. Garnish with the remaining fresh dill.
4. Refrigerate until ready to use. Serve over lettuce or with crackers and hot sauce.